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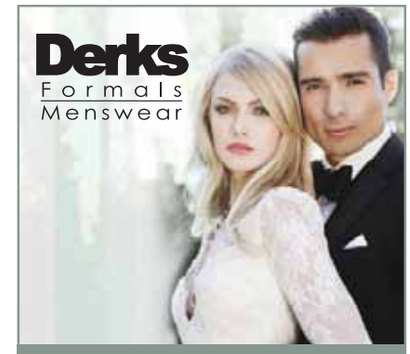

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Half a million needles handed out as harm-reduction program grows

Safer injections. More than 1.8 million clean needles distributed over past four years

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Nearly half a million needles were handed out in Calgary last year as uptake of safe-injection services offered through Alberta Health Services' Safeworks program continues to rise.

According to AHS data provided to Metro, 499,086 needles were distributed through the harm-reduction program in Calgary last year, an increase of roughly 27 per cent from the 390,285 handed out in 2011.

Debbie Newman, executive director with the Calgary Drop-In and Rehab Centre, which offers a needle-exchange program to its clients through Safeworks, said the increase is encouraging, on the whole.

Debbie Newman, executive director with the Calgary Drop-In and Rehab Centre, holds up some of the syringes they distribute to their clients. She said an increase in needle-exchange numbers is a positive development for the city. MORGAN MODJESKI/METRO

"The fact that they see more needle users, that's not necessarily a good thing," she said. "But the fact that they are reaching out to people at Alberta Health Services is a positive thing in my mind."

Newman said the needle exchange offers a chance for intravenous drug users to engage with social-service providers and build relationships — and trust — with people who can help connect them with health care and addictions treatment.

"Harm reduction goes much further than just handing out a needle," she stressed. "It's promoting safe practices, it's talking about interventions where you can try to get people to reduce needle usage, go into treatment (or) refer to them other services that may be available."

Newman said drug suppliers have been producing larger volumes of narcotics for less cost and making the substances more easily accessible to marginalized people.

Calgary police saw heroin charges increase by 26 per cent last year as compared to 2013, a change they attributed to increased enforcement.

While the number of needles distributed through Safeworks has risen, the number of syringes collected by the Calgary Fire Department through its Safe Streets deposit boxes has dropped by almost 40 per cent since 2006.

Fire department spokeswoman Carol Henke said the needle-collection program will continue, but the lower numbers they're seeing may free up resources for other tasks.

"Where it really can affect our front-line service to Calgarians is when less needles wind up on the streets, in parking lots, in playgrounds (and) in school yards," she said.

"We get called through 911 or through the non-emergency line to go and retrieve those safely so that they aren't putting Calgarians at risk," Henke added. "The less calls like that we get, that frees up our front-line services for our high-priority work."

Since 2011, the AHS Safeworks Harm Reduction Program has distributed more than 1.8 million needles.

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Calgary Transit bus could host city-centric talk show

Transit. Coun. Brian Pincott says 'crazy, Kramer-esque idea' has potential

HELEN PIKE
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Art Proctor at the Chinook LRT station, where he first came up with the idea to create a talk show hosted on a Calgary Transit bus. JENNIFER FRIESEN/FOR METRO

Art Proctor is dreaming up a project he hopes to get rolling as soon as the city gets behind it: a Calgary-centric, late-night-style show on a Calgary Transit bus.

And he's hoping you will be able to join him as an audience member.

In his proposed 10-part series, the local artist/activist wants to host guests — he cited Mayor Naheed Nenshi at the top of his list — as well as local musical and artistic talent for an engaging 30-minute talk show on one of your daily commuter routes.

"I'm a huge advocate for public transit," said Proctor. "Transit is cool.... I've met some amazing people on buses and CTrains and I think if people would actually go into those environments they could see the vibrancy and diversity of people that live in this city."

Proctor said the show, which he wants to title "last stop with ajproc," will take a city focus and be both informative and entertaining.

He added it may even include dancing puppets — he loves puppets.

But the talk show is still far from its debut. Proctor has to come up with a formal concept, plan and figure out funding.

"It's not going to be released tomorrow," he said. "This is beginning stages, so we're trying to figure out the logistics of how this could all work."

Ron Collins, a spokesman for Calgary Transit, said they often get requests to use buses for filming and there's a formal process to go through.

City backing would be half the battle, as funding for the project is up in the air.

Quoted

"I'm a huge advocate for public transit.... Transit is cool." Art Proctor, local artist/activist

Proctor said that once a bus is secured and rolling, it will be easier for him to secure sponsors, and crowd-funding is always an option.

Coun. Brian Pincott has met up with Proctor to talk about his idea and heard a promising pitch. Pincott said he looks for creative ideas to back and this talk show definitely fits the bill.

"I have a couple of other friends and colleagues that are semi-interested in helping me develop this wild and crazy 'Kramer-esque' idea," Pincott said. "People think it's a brilliant idea, a no-brainer, and it wouldn't really be that hard to do."

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Future of post-secondary money pledged in budget now uncertain

Education. Student rep at U of A says unclear fate of Access to the Future Fund adds to financial issues

JEREMY NOLAIS
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Student representatives fear a fund highly touted in last year's provincial budget is in jeopardy and are accusing the province of breaking another promise to a sector hammered hard with recent cuts.

The province had pledged to reinstate the Access to the Future Fund and dole out $50 million to institutions during the 2014-15 year.

But with one full semester in the books, not a single dollar from the fund has been distributed, and Minister Donald Scott would only say this week that it was "part of a larger review."

"It's something that the institutions have been talking to me about. I certainly understand that," he said. "I need to take into account the entire fiscal situation at this point. It's something that I'm currently under discussions with institutions right now and I'm currently reviewing."

The fund was originally established in 2005 and backstopped by an endowment that officials had hoped would reach $3 billion at its peak. Its intended use, according to the province's website, varied from enhancing classroom instruction to improving retention of staff and students to bolstering scholarship and bursary programs. Institutions apply to receive a portion of the grant.

But Beverly Eastham, executive director of the Council of Alberta University Students (CAUS), said the money had largely been used to fund capital projects and had been directed primarily at larger, urban institutions.

Navneet Khinda, a representative with the Council of Alberta University Students, deemed the government's inability to come through on funding commitments for post-secondary education "frustrating." METRO FILE

The province ceased payments from the fund during the 2010-11 school year due to "budget restraints," according to an online posting.

But the 2014 budget announced a reboot of the fund, and Eastham said her group was given renewed hope this year during talks with government officials about expanding its potential use and the schools the dollars reached.

Her CAUS colleague Navneet Khinda, who also serves as a student representative at the University of Alberta, said the fund's uncertain fate has compounded financial issues facing institutions.

The province has hinted in recent weeks at another tough year for the advanced-education sector, which has yet to return to student enrolment and staffing levels seen prior to a nine per cent reversal in once-promised funding in 2013.

"It's frustrating because it's another commitment they've gone back on," Khinda said. "It (the fund) hasn't even really been rolled out. It has been quite confusing, really."

Uber calls on-demand limos 'a step forward'

Could an on-demand limo model be enough to bring Uber to Calgary? METRO FILE

Representatives behind the e-hailing Uber app are deeming a potential U-turn by city officials to allow "on-demand" limo service in Calgary a positive move — but wouldn't indicate Wednesday whether it would be enough to bring their popular technology to town.

City of Calgary officials have laid out a potential model that would allow limo companies, if they choose, to pick up passengers without pre-booking 30 minutes in advance and to charge less than the current minimum rate of $84.60.

The luxury-ride companies, however, would have to go through a series of steps to become an on-demand service, many of which are also required for taxi drivers.

An official told Metro on Tuesday that the model would fulfill some of the requested relaxations from Uber officials, who are looking to bring their Uber Black service to the city.

The premium limo offering, if it gets approval from industry stakeholders and city council, could be available in time for this year's Calgary Stampede. But Jeff Weshler, general manager of expansion for Uber, wouldn't say whether his team would be joining the party.

"I definitely think this is a step forward in advancing the dialogue and moving towards a more innovative offering," he said Wednesday of the new proposal from city livery officials.

Uber has faced resistance from cab brokerages and municipal regulators elsewhere in Canada. On Tuesday night, Edmonton city council voted in favour of asking Uber to take its vehicles off streets in the Alberta capital while it sorts out regulatory issues. If the company doesn't comply, council could file for a court injunction.

JEREMY NOLAIS/METRO

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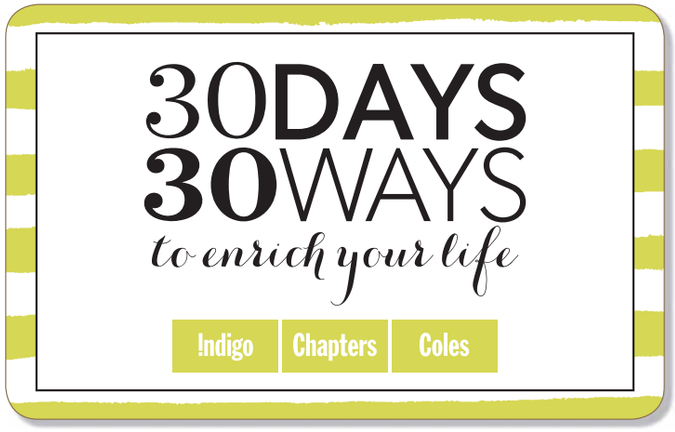

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Redesign

Council green-lights long-term plan for Shaganappi Trail

Calgary councillors gave a nod to a long-term redesign plan for Shaganappi Trail Wednesday, approving a vision for the northwest roadway that includes the additions of high-occupancy-vehicle lanes and cycle tracks.

The plan, which currently has no funding allocated to it, would see numerous changes to the north-south route between 16 Avenue North and Crowchild Trail at a loosely estimated cost of $74 million.

"It'll be really interesting to see what the actual cost is going to be, compared to what's in the report," Coun. Andre Chabot said. "Time will tell, although I probably won't be around to see it."

Councillors spent much of Wednesday's committee meeting discussing the separated bike lanes, a component of the project than makes up about 1.3 per cent of the total cost.

Coun. Druh Farrell said "people are confused" by the existing "buffered bike lanes" on nearby Northmount Drive and inquired if these lanes would be more understandable to motorists.

Brent Clark of Bike Calgary said the design concept is "quite different" in the Shaganappi plan.

"It's a raised cycle track versus a buffered-separated bike lane," he said.

Darlene Feil of the Varsity Community Association said widening the road to six lanes might make it hard for pedestrians to cross during a single light cycle and asked for "mid-block platforms" to be "reviewed in greater detail."

The project has no current source of capital funding and it may take 10 to 20 years for construction to begin.

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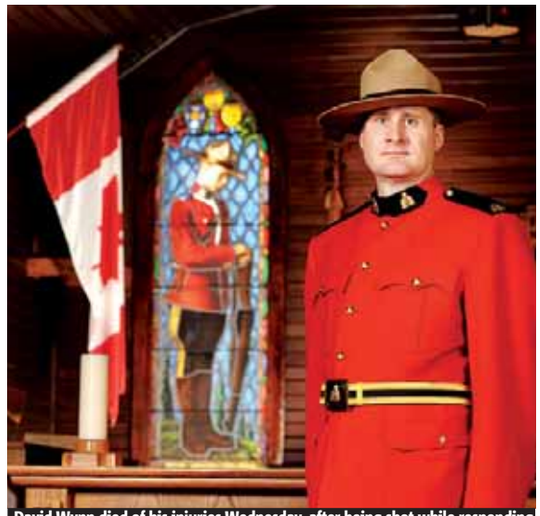

David Wynn died of his injuries Wednesday, after being shot while responding to a call in St. Albert on Saturday. RCMP/CONTRIBUTED

Minister orders review after Mountie killing

Shooting. Injured RCMP officer, Const. David Wynn, died from his injuries Wednesday

LEAH HOLOIDAY
Metro in Edmonton

Hours after an Alberta Mountie succumbed to injuries sustained in a weekend shooting, the provincial solicitor general ordered a review of how his killer was able to walk the streets as a free man.

Minister of Justice and Solicitor General Jonathan Denis announced Wednesday he has directed the Alberta deputy attorney general to review the involvement Crown prosecutors had with Shawn Maxwell Rehn.

Rehn fatally shot Const. David Wynn early Saturday morning at a St. Albert casino. Auxillary Const. Derek Bond was also shot, but survived his injuries.

After the shooting, RCMP commissioner Bob Paulson expressed his concern with how Rehn, who had a lengthy and violent criminal history, was able to walk the streets. Denis echoed Paulson's concerns.

"The shooting of RCMP officers this weekend in St. Albert is a stark reminder of what they face everyday and I know I'm not alone in thinking why anyone would take the life of an RCMP officer. It's incomprehensible to me," Denis said.

The Crown's review will be in addition to a public fatality inquiry that could take place and any internal RCMP investigation. The Crown's results will be made public once the review is complete, Denis added.

Wynn, who passed away Wednesday morning, had worked for the St. Albert detachment since 2009 after he moved with his wife and three sons to the province from Nova Scotia.

Since the shooting, Assistant Commissioner Marlin Degrand said, the loss has been felt throughout the entire law enforcement community.

"We've seen just a tremendous outpouring of support for Const. Wynn's family and members of the St. Albert detachment and police and first responders throughout the country," he said.

Along with the Crown's review, Degrand said the RCMP is currently looking into how Rehn — who had 29 outstanding charges at the time of the shooting and was under a firearm prohibition — was out in public "walking among us."

"We're looking internally at all of our interactions with this individual," he said.

Rehn was found deceased shortly after the shooting at a rural residence outside of St. Albert.

Funeral

There will be an regimental funeral for Const. David Wynn on Monday at Servus Place in the City of St. Albert.

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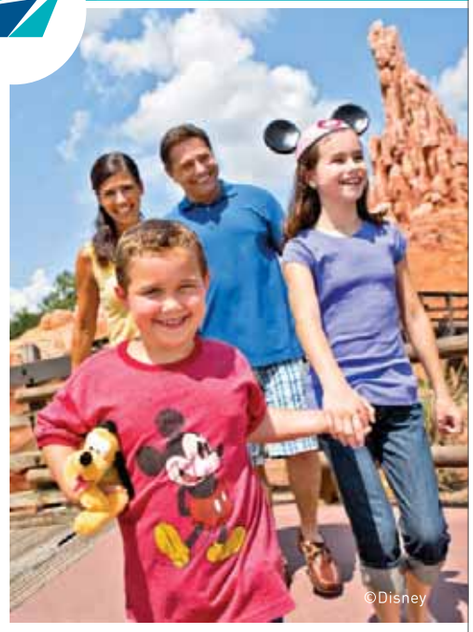

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Shows

Best bets for live entertainment this weekend

Friday: Samantha Savage Smith, The Palomino. The Calgary indie folk-pop singer releases her highly anticipated sophomore LP downtown. Not only does she possess a mesmerizing voice, she's backed by one very talented band.

Saturday: N.E.: The Show, Loose Moose Theatre. Jamie Northan and Andrew Phung remount their funny and wildly popular improv show, which attracted sold-out crowds during last year's Calgary Fringe Festival. It's a must-see for those who live or grew up in the city's northeast quadrant.

Saturday: Mump and Smoot in Anything, Martha Cohen Theatre. Canada's "Clowns of Horror" return to the Calgary stage with their latest hilarious outing. Michael Kennard and John Turner have been playing these characters for 27 years, and their performances during the High Performance Rodeo need to be seen to be believed.

Sunday: Death From Above 1979, MacEwan Hall Ballroom. Canadian duo DFA 1979 is big enough for the festival circuit now but they thrive in a more intimate space. Get ready to have your eardrums battered. LISA WILTON/FOR METRO

One-man show 'the weirdest experience'

Vertigo Theatre. Actor Simon Slater finds playing four different characters in the murder mystery Bloodshot to be a surreal, scary task

British actor Simon Slater stars in the tense but wryly humorous whodunit Bloodshot, at Vertigo Theatre until Feb. 17. CONTRIBUTED

Simon Slater didn't know what he was getting himself into when he commissioned a one-man play to star in.

"It's absolutely knackering," said Slater, who plays four characters in the critically acclaimed whodunit Bloodshot, at Vertigo Theatre.

"Frightening is the other adjective that springs to mind."

It was about six years ago when the British actor asked Chicago playwright Douglas Post to create a new piece in which Slater could use his "limited abilities."

Set in London in 1957, Bloodshot revolves around a hapless photographer named Derek who becomes embroiled in the mysterious murder of a young woman he'd been hired to follow and photograph.

"There are four characters — an Englishman, an American jazz sax player, an Irish comic who plays the ukulele and a Russian magician," Slater explained.

"Basically I talk to myself for two hours. Having conversations with yourself for that long is a sure way to end up with schizophrenia. It is the weirdest experience. It sort of plays terrible tricks with your head."

Slater — who is a familiar face on U.K. television, having appeared in several TV shows and films across the pond — recalled a strange experience when he forgot a line during a performance last year.

"The Englishman was talking to the Russian, and I forgot a word," he said.

"The Russian did know it and came in with the line and so I sort of prompted myself with the other character, which is really just bonkers, isn't it? And when I was the Russian character, I felt very smug that the Englishman had cocked up. It's weird."

When Slater isn't acting, he's composing music for film, television and theatre. His compositions can currently be heard in New York in the Broadway production of Constellations, starring Jake Gyllenhaal.

"(Acting and music) are very connected," he said. "They all feed each other. It's great when you can do both in the same job."

The North American premiere of Bloodshot runs until Feb. 17 at Vertigo Theatre.

Tickets can be purchased online at vertigotheatre.com or by calling 403-221-3708.

LISA WILTON/FOR METRO

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Bulat onto something new

Basia Bulat doesn't know exactly how her next album will sound but she's certain it won't be like any of her previous records.

"I guess I can say it will be slightly more poppy," said the Montreal-based folk singer.

Bulat, who is performing two shows at Festival Hall in Inglewood on Saturday night, is careful to not give away too many details of what she's planning but said she's keeping an open mind.

"I think in general the kind of artist I've always been drawn to are the people who are different from record to record. You can still tell who they are, but they're not making the same record over and over again. I don't think I'm capable of making the exact same record."

Indeed, Bulat's music has evolved from the chamber pop of her 2007 debut, Oh, My Darling, to the soul-baring melodies of her most recent release, Tall Tall Shadow. The latter was inspired by the loss of a close friend. LISA WILTON/FOR METRO

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Clara Hughes

Bell Let's Talk

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Bus shelters in Calgary have become a popular target for vandals. ROBSON FLETCHER/METRO FILE

Glass smashing in bus shelters on rise

Vandalism. Education strategy set for spring to encourage Calgarians to report the damage faster

ROBSON FLETCHER
robson.fletcher@metronews.ca

Vandals smashed the glass at 40 per cent of Calgary's 1,600 bus shelters last year, and the total number of panes broken surged by 78 per cent over 2013, prompting Calgary Transit to plan a new education strategy to cut down on the problem this spring.

Despite the "astronomical" cost of repeatedly replacing panes, tempered glass remains the "safest and most economical" option for the shelter material, said Kyle Donnan of Outfront Media, the company that maintains the shelters and pays for the repairs under a 15-year advertising contract with the city. Tempered glass shatters into small, blunt pieces, and that safety factor is of "the utmost importance," Donnan said.

Calgary Transit may consider alternate materials at some of the higher-risk shelters, said Neil McKendrick, manager of transit planning, but will primarily focus on an education campaign urging the public to report broken panes. The thought is that greater awareness will reduce the frequency of vandalism.

Transit public-safety coordinator Brian Whitelaw said catching offenders is rare — maybe a dozen are apprehended a year, and they are typically under the age of 18 — but when a serial window-smasher is caught, there can be severe consequences. One "adult offender" was recently ordered to pay $42,000 in restitution after shooting multiple shelters with a pellet gun, Whitelaw said.

The facts

- In 2014, there were 838 panes of glass broken at bus shelters in Calgary. That's up 78 per cent from 2013.
- Calgary has roughly 6,000 bus stops, about 1,600 of them with shelters.
- Outfront Media (formerly CBS Outdoor Media) covers the cost of the repairs and also pays the city an annual guarantee of $750,000 from the shelters' ad revenue under a 15-year contract that expires in 2018.
- Once the contract ends, the city will own the shelters.
- Broken panes can be reported by calling Calgary Transit at 262-1000.

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SEE THINGS DIFFERENTLY

TIM COLDWELL
Vice President of Corporate Accounts
tcoldwell@chandos.com

President and co-founder of local-only grocery delivery service YUBA, Kim Wong, left, poses with co-founder Laura McIlmoyle amongst freezers full of locally produced food at the YUBA headquarters. MORGAN MODJESKI/METRO

YUBA brings farm food to urban crowd

Next-day delivery. No trips to the farmers' market required

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A Calgary-based startup is bringing local produce from across Alberta to the desks and fridges of downtown consumers.

YUBA, which launched in November 2014, provides residents working and living in and around Calgary's downtown area a chance to have locally produced groceries delivered directly to their desks, and organizers say hundreds have embraced the new service.

"The view is that people live busy lives and that weekends are often filled with different activities," said co-founder and president, Kim Wong.

"There's a growing awareness and growing popularity in eating local," he added. "We thought: Why not try to bring some of the great products and producers that we have in Alberta, and bring that through an online marketplace with next-day delivery, to people that work downtown?"

Since its launch in November, Wong said YUBA has already had 400 orders through the service.

He said they're working with 35 local vendors and they want to see that number increase to 50 as demand continues to grow.

"The ramp-up has been great," he said.

One of those vendors is Lucie Bradfield, owner of Homestyle Pies based in Hanna.

She said the service has presented her a dual benefit.

"It gives people a healthy alternative, without me having to do the marketing," she said.

Alongside meat pies from animals raised on her farm, Bradfield makes both cream and fruit pies, and said YUBA has enabled her to expand her client base without sacrificing quality.

"The whole future of our country lies in the fact that we have to have healthy people and if they're not eating correctly, they're not going to be healthy," she said.

"That's a very important factor in my business."

Quoted

"There's a growing awareness and growing popularity in eating local."

Kim Wong, YUBA president and co-founder

Vancouver police find Calgary fugitive hiding inside a sofa

A fugitive from Calgary will be sent back home after a Vancouver police dog tipped officers off to his hidey-hole in a sofa.

Adam Harlock fled Alberta after he was ordered to begin serving a 3-1/2-year sentence for drug offences, according to a Vancouver Police Department release.

Armed with a search warrant, officers entered an East Vancouver home where the fugitive was thought to be hiding.

Officers scoured the residence and were ready to give up on what seemed like a fruitless search.

The dog wasn't so easily fooled.

After noticing the animal was intrigued by the sofa, officers lifted it and peeled back the fabric on the bottom to reveal the fugitive hiding inside.

"In my 24 years of police service, I have never in my career seen a suspect hide inside the body of a sofa," said Insp. Ian Upton.

Harlock will be returned to Alberta to begin serving his sentence — in a what will presumably be a more sparsely furnished environment.

METRO IN VANCOUVER

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HBC HUDSON'S BAY COMPANY

No bids yet on Alberta's planes

Auction. Inquiries for the aircraft Prentice promised to sell seen from as far away as India and Algeria

JEREMY NOLAIS
jeremy.nolais@metronews.ca

For sale

- **1985 DeHavilland Dash 8:** $5.5 million
- **Two 2006 Beechcraft King Air B200s:** $2 million apiece
- **1997 Beechcraft King Air 350:** $1.5 million

Alberta's infamous government planes have seen a jetstream of interest since being put up for sale in mid-December, but there have been no official bids on any of the aircraft.

Keeping a promise made by Premier Jim Prentice, the province put its four planes up for sale Dec. 12. As of Wednesday, there had been 40 "inquiries" about the aircraft, meaning that many people had downloaded the purchase documents online.

It wasn't clear how many of the inquiries, which came from as close as Edmonton and as far away as India and Algeria, stemmed from media organizations and how many were actually from legitimately interested airplane buffs, said Service Alberta spokesman Eoin Kenny. Still, he said the province is confident the airplanes will fetch the asking prices.

"Basically, when you put an invitation to tender, it can be a crapshoot," Kenny said. "But we are getting some widespread interest … anybody that's going to drop that kind of money on a plane isn't going to just get the package and say, 'That's the one I want.' They're going to do their due diligence … kick the tires, as it were."

Booth Centre. Public board unveils potential designs

Calgary's public school board has posted concept drawings online of its plans to turn the site of a former homeless shelter into a mix of housing and education facilities.

The Booth Centre was damaged in the 2013 flood, delaying Calgary Board of Education plans to move its adult-education Chinook Learning Services program into the site.

Now, however, the board is proposing a 240,000-square-foot mixed site that would feature a multi-floor education centre with a residential tower that would face 6 Street SE.

Behind that, another residential development is being proposed by a third party.

The board has the backing of the the Calgary Municipal Land Corporation, which has been steering efforts to revitalize the larger East Village area that includes the Booth site.

In a November interview, CMLC vice-president of marketing and communications Susan Veres deemed mixed-use sites like that being proposed by the CBE "critical" to the village's future plans.

"The entire master plan for the community imagines this community as having a range of uses … with more uses come more users, the more people on the streets day and night, and it really helps us to establish a healthy community," Veres said at the time.

This image gives an idea of the future look of the Booth Centre site.

COURTESY CALGARY BOARD OF EDUCATION

JEREMY NOLAIS/METRO

Valentine's Day

Calgary Transit wants your tales of love on the line

Whether it was love at first ride or a whirlwind romance at the CTrain station, Calgary Transit wants to hear from you.

Every good romance happens with a chance encounter, and when you ride the line every day you're bound to bump into "the one" — at least that's what Transit is hoping to read as part of their Valentine's Day contest.

Until Feb. 9, Transit is looking for Calgary's best bus or LRT love stories.

"It's a fun contest for our customers," said Ron Collins, spokesman for Calgary Transit. "You can appreciate that on our buses and trains every day we have half a million people travelling on the vehicles and people are bound to meet each other."

Stories will be read and reviewed by a panel of hopeless transit romantics, who will choose a winning couple.

"We've already got several (stories) in," said Collins. "We haven't actually done the love story competition for three or four years, so we thought it was time to bring it back."

Winners will receive monthly passes plus some Calgary Transit swag and Valentine's treats followed by a public appearance on Feb. 13.

HELEN PIKE/METRO

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Dangerous-chemicals suspect had personal woes

Manhunt ends.
Documents show man with possible U.S. military links was $4.7M in debt

Christopher Phillips, arrested Wednesday after the dramatic overnight evacuation of an Ottawa hotel, has a past that includes an acrimonious split from a former Olympic gymnast and a bankruptcy marked by debts of nearly $4.7 million.

It appears Phillips has links to the U.S. military. Bankruptcy documents say that he received tens of thousands of dollars in "military disability" payments between 2006 and 2008.

Ottawa police arrested Phillips, 42, on the sixth floor of the east-end Chimo Hotel as part of an overnight investigation linked to the evacuation of two areas in Halifax where police found a large quantity of mysterious chemicals — some of which they've described as "volatile" and "dangerous."

Police in Ottawa carefully and quietly evacuated the hotel under cover of darkness before arresting the man without incident Wednesday morning. Phillips has not been charged.

Phillips married former U.S. Olympic gymnast Shannon Miller in 1999, but Miller filed for divorce in 2004, which became finalized in 2006.

In 2008, Phillips closed his laser eye surgery business in Seattle and filed for bankruptcy.

THE CANADIAN PRESS

Firefighters attend a residence in Grand Desert, N.S., where a large quantity of chemicals were found on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Robbery. Ex-employees abetted thefts worth over $200K, says Royal Bank

Royal Bank of Canada is accusing two former employees who worked at a Vancouver branch of orchestrating robberies worth more than $200,000.

The bank has filed a civil suit in B.C. Supreme Court, alleging Jeffrey Ho Nam Lau and Maradona Hoang Vu helped an accomplice steal more than $180,000 and $20,000 US from a vault. The alleged accomplice, Hau Ngoc Nguyen, is also named in the lawsuit.

None of the allegations have been proven in court, and the men named in the civil suit have not been charged, but police are investigating.

The bank's statement of claim says the money was stolen on two occasions, first on Dec. 30, 2013 and then on Jan. 31, 2014, while Lau and Vu both worked at the branch. The pair were also roommates, the document says.

The statement alleges the pair copied a vault key and then shared lock combinations. The section of the vault that contains most of the branch's cash requires the key and both combinations, but the bank's security policies are designed to ensure no single employee knows both combinations.

The bank alleges the pair helped Nguyen, who was a friend or an associate, set up a safety deposit box in the bank, which is located in the same area as the vault.

During the first theft, the bank alleges Vu led Nguyen to the vault area under the pretence of accessing the safety deposit box. Instead, the bank alleges, they used the copied key and lock combinations to steal $62,500, which Nguyen carried away in a bag.

The bank says it noticed the theft soon after but didn't know who took the money.

The lock combinations were changed the following month and handed out to the branch staff, including Lau and Vu.

On Jan. 31, the bank alleges, Nguyen entered the branch wearing a disguise. The statement of claim alleges Lau led Nguyen to the vault area, again under the pretence of accessing the safety deposit box, where they stole $120,000 and $20,000 US.

By mid-February, the bank had determined Lau and Vu were behind the robberies, says the statement of claim. They were fired in late March.

Lau and Nguyen filed court documents denying all of the allegations. THE CANADIAN PRESS

Travel

Pair allegedly used coat to hide sex act

A flight attendant told the trial of a woman accused of committing an indecent act on a Toronto-to-Halifax flight that the woman and a man used a coat to cover their laps and fondled each other.

The trial for 25-year-old Alicia Elizabeth Lander got underway Wednesday at Dartmouth provincial court.

Lander has pleaded not guilty to committing indecent acts, assaulting a police officer, committing an act of mischief and causing a disturbance at the Halifax Stanfield International Airport last Jan. 24.

Jason George Chase, 39, was also charged in connection with the incident and pleaded guilty on Wednesday.

The RCMP was called and met Chase and Lander upon arrival in Halifax, with police testifying that Lander was disruptive, verbally abusive and later caused $400 in damage to an interview room.

The trial will resume March 3. THE CANADIAN PRESS

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‘Spinsters’ defy Saudi traditions

Gender equality. A trend of women staying single into their 30s is unnerving the Mideast kingdom’s ultraconservatives

Amna Fatani knows she wants a brilliant career and a life different from that of Saudi women of her mother’s generation, who married early, usually to a husband they didn’t choose.

The 27-year-old, studying for her master’s degree at Georgetown University in Washington, is part of a growing number of Saudi women choosing to remain single through their 20s and into their 30s.

The trend has ruffled ultraconservatives who see it as an affront to the very foundations of the kingdom, which operates under strict interpretations of Islam and rigid tribal codes in relation to women.

“My friends and I have reached a point (where) we’re very specific about what we want,” she said. “I need someone who trusts that if I need to do something, I can make the decision to ask for help or choose to do it alone.”

Saudi laws dictate women cannot travel, study abroad, marry or undergo certain medical procedures without the permission of a male guardian.

The growing number of single women has alarmed clerics, who have responded by pushing for early marriage and warning of alleged evil consequences of “spinsterhood,” such as sex outside wedlock.

During a 2005 sermon, the imam of Mecca’s Grand Mosque, Abdul-Rahman As-Sudais, raised an early outcry against “the dangerous phenomenon of life-long spinsterhood,” saying it endangers “the community as a whole.”

Some Saudi media have joined the clerics in hand-wringing over — as one newspaper put it — “the army of spinsters.”

Traditionally, women in Saudi Arabia are expected to be married by their early 20s. In 2011, more than 1.5 million, or 45 per cent, of Saudi women aged over 30 were single, according to the government.

Education is also changing attitudes toward marriage and female confidence, said Hatoon al-Fassi, a professor of women’s history in Saudi Arabia.

“You can no longer control these attitudes,” she says. THE ASSOCIATED PRESS

Online dating

Some Saudi women are also challenging the rules on meeting prospective husbands, as stories of secretive courtships abound, including online dating, pointing to a rebellious shift among younger women.

Saudi blogger and women’s-rights advocate Tamador Alyami says women today are asserting their greater independence.

“They don’t just want their mothers to meet with their (prospective) husbands’ mothers and, you know, make all of the arrangements on their behalf.” THE ASSOCIATED PRESS

Traditionally, Saudi women are expected to be married in their early 20s, but Saudi Arabia’s clerics and some media members are concerned with a growing number of women who choose not to marry. HASSAN AMMAR/THE ASSOCIATED PRESS FILE

Indonesia

No foul play in AirAsia crash, officials say

Indonesia’s top accident investigator said Wednesday that there are no indications of foul play in last month’s crash of an AirAsia jetliner carrying 162 people.

AirAsia Flight 8501 plunged into the Java Sea on Dec. 28. THE ASSOCIATED PRESS

Ireland

Grandma guilty of possessing coke for sale at bingo hall

Helen Heaphy, a 50-year-old grandmother, pleaded guilty Wednesday to two counts of possessing cocaine for sale or supply after Irish police caught her with the narcotic outside a Cork bingo hall.

Cork District Court Judge Leo Malone accepted her lawyer’s plea for clemency, citing family obligations and the relatively small amount of the drug worth 350 euros ($500). THE ASSOCIATED PRESS

Green Line Southeast Transitway

26 kilometres.
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The Green Line Southeast Transitway will be one of the first dedicated transitway services in Calgary, running from the community of Seton in the southeast, to downtown. Initially, it will carry only buses, but will be designed so it can be converted to LRT in the future.

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Tuesday, January 20	**Fort Calgary – 750 - 9 Ave. S.E.**
Wednesday, January 21	**Cranston Century Hall – 11 Cranarch Rd. S.E.**
Thursday, January 22	**Glenmore Inn – 2720 Glenmore Tr. S.E.**

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THE CITY OF CALGARY

2015-0245

The rate cut is expected to lead to decreased mortgage rates, which could boost sales and prices of homes in Canada. However, economists fear it may also spur Canadians, who have been criticized previously for holding record levels of debt, to borrow more money. TORSTAR NEWS SERVICE FILE

Mortgage rates to dip: Experts

Debt. Bank's policy change could spur debt-burdened Canadians to borrow even more money

Canadian homeowners have likely gained a reprieve from an expected increase in mortgage rates this year.

Economists expect rates to dip slightly in response to the Bank of Canada's surprise move Wednesday to cut its trend-setting interest rate to 0.75 per cent, from one per cent, to soften the blow of dropping oil prices on the Canadian economy.

"This signals that low interest rates will be with us a while longer," said Avery Shenfeld, chief economist at CIBC World Markets, noting the central bank's rate cut will likely mean a corresponding 0.25 drop in variable, or floating, mortgage rates.

Fixed-rate mortgages are also likely to see a slight decline, as they follow bond yields, which will move lower in response to the rate cut.

However, TD Bank was quick to announce Wednesday that it will maintain its prime interest rate at three per cent, noting that factors beyond the central bank influence its rates.

"Not only do we operate in a competitive environment, but our prime rate is influenced by the broader economic environment and its impact on credit," the bank said in a statement.

Although cheaper mortgage rates are likely to buoy real-estate markets in Central and Atlantic Canada, TD economist Craig Alexander says the impact of oil prices will trump interest rates in Western Canada.

However, the rate cut may also spur Canadians, who have been criticized previously by the Bank of Canada for holding record levels of debt, to borrow more money.

"I think in the Bank of Canada's eyes right now, it's a lesser of two evils," Shenfeld said. "They've shown discomfort with the amount of borrowing Canadians have done, but the economy right now can't afford to shut the tap off on that if we're not getting the lift to growth from the energy sector."

THE CANADIAN PRESS

Internet. 4chan founder says he's stepping aside

The American founder of the popular, if at times notorious, online message board 4chan is retiring as its administrator.

Christopher Poole launched the site in 2003 when he was 15 years old. 4chan lets users post messages and photos anonymously. Since its launch, 1.7 billion posts have been published on 4chan. It has more than 1.2 million daily visitors, Poole said.

Poole, known on the site as "Moot," said in a post on 4chan's news blog that a team of volunteers will take on his responsibilities. He said running the site on his own has been challenging and 4chan will continue without him and that he will take time away to decompress.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: $2.974 (+14.3¢)
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Chocolate

Cadbury Creme Egg recipe to stay same in Canada

Chocolate lovers are crying fowl over word that the recipe for the iconic Cadbury Creme Egg is being changed in the U.K.

But Canadian Cadbury fans need not worry: a spokeswoman at the Mondelez Canada office said the Canadian recipe won't be affected.

ISTOCK PHOTO

Creme-egg aficionados began protesting on social media when global snacks company Mondelez International announced that this year's batch for the U.K. will be made with "standard cocoa mix chocolate" instead of Dairy Milk chocolate.

THE CANADIAN PRESS

VOICES

TOUGHER THAN A MUDDER

While events like Tough Mudder sell pain and injury in a fetishized, almost satiric way, the lived experience of the mud runs goes far deeper than mere masculine showmanship

EMINA GAMULIN
readers@metronews.ca

Electroshock Therapy, Ring of Fire, Arctic Enema: these sound more like incidents redacted from the Senate Torture Report than recreational activities taken up on a volunteer basis. But for Tough Mudder participants, that's kind of the point, in both prosaic and profound ways.

With challenges like crawling under barbed wire, running up and down hills for kilometres and swimming completely submerged in ice water, organizers for the already-grueling obstacle course announced recently that they are upping the ante this year by adding a tear-gas component.

Margaret MacNeill, a professor who studies the social and cultural aspects of sports and activity through the University of Toronto, says Tough Mudder getting even tougher is a push-back against a risk-averse safety culture that has crept into the rest of our recreational activities.

"Events like Tough Mudder have become popular in a culture where sports are one of the last bastions of masculinity," she says. "I suspect the lack of hesitation to entering — when most adults likely anticipate pain, agonizing eye irritation and potential injury while blinded — has lots to do with masculinity in risk sports and/or using these events to prove 'rugged individualism,' regardless of gender."

She says we can see this when we look at the public debate surrounding hockey concussions. "In the past, it was this unfettered culture of risk: you know, kids can take it; boys can take it harder," she says. "Now what we see is that, as people worry about all the long-term health issues, hockey is being renegotiated into a culture of precaution."

Tough Mudder events are rife with militaristic metaphors, among others. GETTY IMAGES

Gavin Weedon, a PhD candidate at the University of British Columbia whose research looks at mud-running events like Tough Mudder as part of a renaissance of physical culture, agrees Mudder taps into the desire for risk and masculine bravado, but says the practice can also act on a far more profound level. "One of my most interesting findings is that these events act as material infrastructures, and potent metaphor, through which some people confront and overcome physical and emotional traumas sustained beyond the confines of the course."

In other words, perhaps the reason it sounds like torture is because, on a personal level, by forcing participants to confront and relive pain in their lives, it can seem close to it. Weedon stays away from the torture metaphor but says many participants have described the practice in therapeutic terms.

"A friend of mine injured her back in a car accident and chronicled her recovery through training for, and participating in, Tough Mudder, alongside friends and family. These aren't the most common stories, perhaps, but they are among the most intriguing."

While Tough Mudder promotes a "tough guy" image, this isn't necessarily the intended audience. Weedon says the run aims to reach "urban white-collar professionals and young people, especially men, with disposable income and recreational time to do something like this." While all types might show up to events, "white men are consistently well-represented."

It is significant then, that the intermingling of growth and pain offered by Mudder and aimed directly at men has no shortage of decidedly feminine metaphors. One event is called Birth Canal, while the tear-gas portion, touted as the toughest obstacle yet, has been given the name Cry Baby. And a mudder, of course, is a mother.

Many people describe these events in torturous terms, but unlike actual torture, it is something people take on voluntarily and comes with great reward, much like childbirth.

And there is no mudder tougher than that.

WHY I'LL NEVER DO A MUD RACE

KRISTEN THOMPSON
readers@metronews.ca

"Hell no." This is my reaction every time someone says, "You should do Tough Mudder with us next year." No, no, no. Thank you, but no.

I don't hate exercise. I'll join the sweat-your-face-off-then-swoon-in-the-locker-room class at the gym or run home from work to save the transit fare. I don't balk at pain. I gritted my teeth through days of labour.

But I draw the line at the gruelling army boot camp that is Tough Mudder, because from what I can tell, it's five hours of torture followed by a flash of joy at the end. The hell-to-joy ratio just doesn't entice me.

I understand that people are driven to test their physical and psychological limits, to be able to boast, "I know what it feels like to get slapped in the face with an electric tendril, go down like a felled tree, then get up and keep going."

But no matter how euphoric it is to cross the finish line arm-in-arm with your battered, bruised and muddy compatriots, I'll still pass. I'll pass on the ice bath, the cleats in the face, the 17 lung-bursting kilometres running up and down a ski hill.

I have no burning need to see if I can tolerate tear gas, shimmy through a slimy narrow tunnel or run across kerosene-soaked flaming straw. I have no interest in proving I can do these things because, frankly, they sound horrible (and vaguely dangerous). And I don't thrill at doing horrible (and vaguely dangerous) things for fun on a Saturday. So this year, like last, I'll cheer my loved ones from the sidelines (or home, depending on the weather). I'll apply Tiger Balm to my husband's destroyed muscles and marvel at his strength and endurance. And I will regret nothing.

BONDING OVER BRAVADO

JESSICA SMITH CROSS
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I signed up for the Tough Mudder last summer because I like pushing myself. Doing something difficult requires a singular focus that my normal busy, multitasking day lacks.

Plus there's the pride thing. "This looks hard, Jess, do you think you can do it?" I ask me. "Ya damn right I can," I answer.

There was also this editor who has an enthusiasm for insane physical feats that is impossible to deny. He helped organize a group of colleagues, of varying levels of fitness, to do it together and agree to stick together, so no one would be left behind. So, it turned out that the Tough Mudder wasn't really about me or my limits. It was a group bonding thing.

In a big office, you don't really know the people who work in a different department, on a different floor, but after they work together to boost your butt over a mud-slicked wall, you do.

When a colleague, friend or stranger on the course sees you at your worst — cold and tired beyond pride, mud-covered, out of breath, falling down, crying — and helps you with dignity, it's hard not to like them. On the Mudder course, there's always another obstacle, and you'll turn around and offer them a hand.

So if it sounds like a good idea, know this: yes, the electric-shock thing hurts like hell. The ice bath, not so bad. The obstacles are mostly fun; it's the hills that kill you. As for the tear gas, I don't know. Maybe I'll find out.

And those psychological studies that show pain promotes bonding — the sort of togetherness soldiers experience in basic training?

They're not wrong.

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The Road to Ruin and back

Memoir. Marky Ramone chronicles his wild life drumming for the seminal punk band from New York

MARIANNE HAYES
Metro World News in New York

Marky Ramone opens up about his new memoir, Punk Rock Blitzkrieg. CONTRIBUTED

Drummer Marky Ramone may not have been a founding member of the Ramones, but his impact on the band's legacy — and the punk movement as a whole — is hard to deny. Even so, some critics still dismiss him for not being an "original" member of the iconic band.

"Being in the Ramones for 15 years and 1,700 shows, I felt it was time to tell my story," says Marky (whose real name is Marc Bell).

For Bell, that story is being told in a new memoir aptly titled, Punk Rock Blitzkrieg: My Life as a Ramone. Bell admittedly pulls no punches in the book, which he wrote with author Rich Herschlag.

"It is the most comprehensive book out there about the band," says Bell.

Readers can expect a fly-on-the-wall take of what it was like to be alongside the Ramones during the height of the cult phenomenon known as punk rock. The book covers everything from hanging out with other punk luminaries at the legendary CBGBs, to observing the famously tense relationship between Joey and Johnny Ramone.

"The book reads a little like fiction and a little like a travel log," says Herschlag, who compares the feel of the memoir to Jack Kerouac's On the Road. "We wanted to make people feel like they were there."

According to Herschlag, the book provides a more intimate snapshot of the band. For example, the fact that Joey Ramone had obsessive-compulsive disorder is no secret. But few know the extent to which his OCD affected the band as a whole. Herschlag recalls one story from the book where Bell talks about Joey's compulsive need to tap things.

"After their 1980 album End of the Century, they flew to England, and (Joey) wouldn't get off the plane because he wanted to fly back to tap something in New York," says Herschlag.

Other times, the band would be late for gigs because of Joey's need to run across the street to tap a curb. According to Herschlag, this only fueled the palpable tension between Johnny and Joey.

Personal rivalries aside, the book also takes a hard look at Bell's battle with alcoholism, which ultimately led to his departure from the band for four years during the '80s. Herschlag says that Bell's journey to sobriety was a powerful one.

Herschlag's personal connection to the Ramones is a unique story in itself. Growing up in Forest Hills, Queens in the 1970s, Herschlag was coincidentally raised in the same building as a construction worker-slash-musician named John Cummings (aka Johnny Ramone).

"At the time, I was like 10 years old and throwing water balloons off the roof," says Herschlag, who remembers leather-clad band members frequently coming in and out of Johnny's apartment. "It became known, even before they released an album, that there was this rock band in our building."

The fact that Herschlag landed a gig co-writing Marky Ramone's memoir decades later was completely serendipitous. Either way, he's thrilled to be bringing Bell's stories to life. There are even talks of an in-the-works reality show that would document what the aging punk rocker's everyday life is like these days.

After disbanding in 1996, the Ramones were later inducted into the Rock and Roll Hall of Fame in 2002. The punk pioneers also received a Grammy Lifetime Achievement Award in 2011. Today Bell serves as a global ambassador for punk rock with his band, Marky Ramone's Blitzkrieg. The group travels everywhere from Russia to Vietnam playing Ramones songs to a new generation of loyal fans.

"I'm the last link to the last four (Ramones)," says Bell. "My aim is to continue to play the music live because I feel the songs are too good not to be played."

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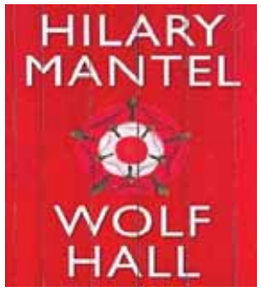
Homeland star heads home to become king

Book to TV. After his award-winning role as Brody, Damian Lewis will play Henry VIII in Hilary Mantel's six-part Wolf Hall series on PBS



Damian Lewis says Henry VIII was more complex than the philandering Elvis character most people know. CONTRIBUTED

For some Homeland fans, it will be hard to imagine treasonous sleeper agent Nicholas Brody as King Henry VIII in Wolf Hall on PBS.

Heck, most fans likely don't know that the all-American marine portrayed so ably by Damian Lewis is actually British. Lewis, along with his perfect American accent, was convincing enough in his portrayal of the tough, conflicted character to win both an Emmy and a Golden Globe. Now he gets to play the most quintessential of British monarchs.

"Henry as a brand is right up there with Coca-Cola," says Lewis at the Television Critics Association conference.

"The scholarship in the book is absolutely true and accurate. And it's a reimagined world in which she (author Hilary Mantel) just gets in behind closed doors with these characters. I think Henry is a capricious, mercurial man and a man who I hope, in this rendering of him, isn't simply the syphilitic, philandering Elvis that people have tended to think he is. Actually, he was a more complex man than that."

The six-part series, which starts April 5, is based on Mantel's Wolf Hall, the Man Booker Prize-winning historical novel set in 1520 that charts the rise of Thomas Cromwell to power during the reign of Henry VIII.

Cromwell, born to a working-class family, would become the most powerful adviser to the king during a turbulent era that included the Protestant reformation.

Lewis did some research for the role and discovered that the king was rather vain, including the fact that he liked to show off his calves.

"They basically put me in leggings, so I don't get to show them off that much," joked Lewis. "But Henry was a man who actually sought out and pursued romantic love. He wanted the normalizing experience of courtship. He liked to write love poems, sonnets. He wanted a woman that he could fall in love with and would fall in love with him. It was a normalizing experience that he sought."

The Masterpiece Theatre series has an all-star team, including veteran theatre and Tony Award-winner Mark Rylance playing Cromwell and director Peter Kosminsky, who directed Ralph Fiennes in Wuthering Heights.

"Peter shoots it in such a beautiful, unfussy, unpresentational way, it's very immediate," says Lewis. "So the camera is very still. Rather than just hard cuts and music scores, which is a sort of macho, quick, you know, muscular way of moving through a film, the film has an incredible sensuality to it.

"You just start to hear people breathing, and you get the rustle of the clothing, and you start to smell the room and feel the candlelight. And that was something that struck me when I watched it. It was a pleasurable experience."

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Book release

Polish fantasy The Witcher lands English book deal

The Sword of Destiny, a short-story collection from Andrzej Sapkowski's The Witcher franchise, will be published in English May 21.

British-based publisher Gollancz timed the book to coincide with the release of The Witcher 3: Wild Hunt, the highly anticipated next entry in the popular role-playing video game franchise from Polish developer CD Projekt RED.

Sword of Destiny acts as a scene-setter for the Witcher Saga, introducing Sapkowski's fantasy world and the character of Ciri, who becomes increasingly significant and will retain her prominence in The Witcher 3, as well as the titular Geralt of Rivia, a monster hunter, magic-wielding Witcher.

Sapkowski's work has seen him win the European Science Fiction Society awards twice over, while another Witcher novel, Blood of Elves, won a David Gemmell Legend Award.

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METRO'S TAKE ON THE WORLD OF CELEBRITIES

Won't roasting Justin Bieber just be a typical day for him?

When Comedy Central took over roasting duties from the Friars Club, it kept the original spirit of lampooning legends toward the end of their careers. Well, they're putting that tradition behind them with the announced roast of: Justin Bieber. Hoo boy.

"Justin has been asking us for a few years to roast him, and we just kept telling him to go create more source material first. We're thrilled he listened," says Comedy Central exec Kent Alterman.

Of course, maybe they were just waiting until he could (legally) get liquored up for the televised takedown, as the roast will take place shortly after his 21st birthday.

But this all begs the question: Isn't roasting Bieber redundant, considering any and all coverage of him over the past few years?

Justin Bieber ALL PHOTOS GETTY IMAGES

Jenner drops home school for her career

Apparently, one of the perks of being home-schooled is you can just up and quit it without the local government getting persnickety.

That's exactly what Kylie Jenner, the youngest and most vulnerable of the Jenner-Kardashian brood, did, insisting that getting an education was too much of a distraction.

"Kylie quit home-schooling a few months ago. She told her mom it was getting 'in the way' of her career, and that she wanted to focus her energies on building her personal brand and making money," a source tells Life & Style of the 17-year-old.

And apparently mom and manager Kris Jenner "gave in," which makes sense since she's totally into the whole "building a personal brand and making money" thing.

Kris, in fact, "feels the girls are smart and savvy and they don't need a piece of paper to show that."

Well, as long as she's feeling it, who are we to judge?

Kylie Jenner

Seth Rogen in The Interview.

Don't tell Kim Jong-un: The Interview is on Netflix starting this weekend

Well, that was fast. If your biggest complaint about The Interview coming to VOD right away at Christmas was you didn't want to pay to watch it in your home, you're in luck — as long as you're a Netflix subscriber.

The controversial film that nearly destroyed Sony is coming to the streaming service this weekend. The film has raked in more than $40 million in digital sales in the past month plus $6 million from its very limited theatrical run. That pushes its gross return past its $44-million production budget, but just barely.

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The fashion show must go on

Style. Canadian Fashion Police panellist Brad Goreski dishes on style, the stars and his newest TV gig

Long before he was dressing celebrities for the red carpet, Canadian stylist Brad Goreski credits his trail-blazing homegrown series Fashion Television and host Jeanne Beker for helping nurture his budding interest in style.

"When I was a kid watching TV every Sunday night, my dad would kind of cringe when he heard the theme song of Fashion TV come on, but I watched it religiously," recalled Goreski of the now-defunct series which aired for 27 years.

"She was really my window into the world of fashion. I learned so much from her and for her dedication to reporting the latest in fashion, getting right to the designer, asking them the important questions. That was really the beginning."

The Port Perry, Ont., native said his family was also a key source of support, as he recalled wearing "crazy outfits" to school and being obsessed with fashion magazines.

"Growing up in a small town and encouraged to be who I was and to really cultivate those skills and not try to shut them down has led me to be able to do the things that I've become very successful at — and that, to me, is such a gift," said Goreski.

Goreski has styled notable leading ladies including Jessica Alba, Noomi Rapace, Christina Ricci and Demi Moore. At the recent Golden Globes, he styled Downton Abbey star and best supporting actress winner Joanne Froggatt in a strapless, embellished Marchesa gown, and also dressed actress Jenna Dewan Tatum (wife of Foxcatcher star Channing Tatum) in a buttery yellow Carolina Herrera creation.

The Los Angeles-based Goreski is now adding fashion critique to his repertoire, dishing on and dissecting celebrity style as the newest panellist on Fashion Police, which airs Mondays at 9 p.m. ET on E!. Goreski and new show host Kathy Griffin join series vets Kelly Osbourne and Giuliana Rancic on the four-member panel.

A recent episode devoted to assessing styles from the Golden Globe Awards was the first since the death of host Joan Rivers last September at age 81 following complications from surgery.

Goreski said this season will feature 17 episodes and will mostly be built around red-carpet events like the upcoming Screen Actors Guild Awards, Grammys and Oscars. He said they also plan to bring back past segments that fans love in addition to introducing new ones into the mix.

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective," said Goreski.

"The show must go on, and I think that people can still expect very honest commentary and critique of what's happening on the red carpet. Lots of laughs."

THE CANADIAN PRESS

One stylish set

A little Goreski goes a long way

Goreski says he sees Fashion Police as a prime opportunity to combine his expertise as a stylist and knowledge acquired over years in fashion with his love of entertainment. He also seeks to share insight with viewers about why he sees a particular look as a hit or miss.

"I know how much work goes into getting a celebrity ready for the red carpet, and so I never really want to come off as being hypercritical ... just saying: 'The look doesn't look great.' ...

"That's what I hope I can bring every week: lots of humour and lots of fun, but also maybe help people see things and actually develop a critical eye as opposed to just saying: 'Oh, I thought she looked terrible.'"

Quoted

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective."

Brad Goreski on the late Joan Rivers

Canadian street style

Name: Bianca

Age: 22

Occupation: Co-founder/ designer at Kastor & Pollux

What she's wearing
Joe fresh hat, H&M sweater, Le Chateau coat, Forever 21 skirt, Miista boots.

Her inspiration
"My inspiration comes from everything going on around me!"

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Trends Report

A lash glue with natural ingredients

Finding cosmetics that are both natural and safe is a difficult task, and Emily Lyons can attest to that. The Toronto-based owner of a media agency says she often hears models complaining of swollen eyes and eye lids, and was disgusted to discover the lash glue they were using contained the chemical formaldehyde.

"A lot of the ingredients in these glues are actual confirmed carcinogens that are being applied to your eye," she says.

Being a proponent of healthy living, Lyons and a friend in the modeling industry searched for better lash glue on the market but were left disappointed. She eventually found a team of chemists who were willing to take on the challenge to help her, and after a year of research and development, True Glue was completed.

The Canadian-made adhesive was launched in December 2014, and can be purchased online at true-glue.com at a cost of $9.99 for a small tube, $14.99 for a medium tube and $24.99 for a large tube.

FOLLOW TRENDS REPORT COLUMNIST IRENE KUAN ON TWITTER: @METROIRENEK AND ON INSTAGRAM: @KUANIRENE

PATRIOTIC PARKAS

It's only fitting that we should make it through a Canadian winter by bundling up in Canadian-designed coats. And plenty of homegrown parka-makers are here to help us out

MELISSA DUNNE
for Metro

Parkas made in the Great White North are currently hotter than a fresh cup of joe from Tim Hortons.

On a bone-chilling afternoon a line of cars waits to park at high-end lifestyle retailer Sporting Life. Inside, most shoppers make a beeline for the racks of Canada Goose parkas. Rival made-in-Canada brands like Moose Knuckles also attract interest. Many customers will eventually get in line to shell out hundreds (and sometimes north of $1,000) for a down-filled coat.

Despite the hefty price tags everyone from students to seniors has bought in.

So have retailers. At Sporting Life, Canada Goose products are always front-and-centre at its midtown Toronto store, even in the middle of July. The Ontario chain has recently grown and is set to expand west to Calgary next year.

Canada Goose, which started in 1957, has taken celebrating Canadian connections to new heights. Our country is in its name and a map of the Arctic is on its logo. The brand may have finally hit peak Canadian earlier this season when it teamed up for a second time with Drake for a capsule collection.

Branding parkas as symbols of Canadiana chic has paid off. Canada Goose has opened a new 96,000-square-foot factory in Toronto, doubling its previous production capacity, and it expanded its Winnipeg facility last fall.

"In terms of cold weather apparel, we are a world leader," says Marilyn McNeil-Morin, chair of the School of Fashion Studies at George Brown College.

We Canucks are known for knowing how to stay warm in cold climates. Centuries before Canada Goose hit it big, Canadian companies such as Hudson's Bay Company were famous for selling furs, McNeil-Morin points out.

These days most of the winter gear we buy, from toques to coats to boots, is made somewhere else. Buying parkas actually still made in our home and native land is an easy way to show others the depth of our true patriot love.

"We like supporting local jobs and our manufacturing economy," adds McNeil-Morin.

The fashion expert also notes that the quality of coats made here is usually higher than those made overseas.

We are clearly buying the Buy Canada message.

You can't hit the ice rink or the coffee shop without seeing a sea of red-and-white logos. The ubiquity has bred a backlash. Activists have called the parka-makers that use real fur and feathers "cruel." And some of us would rather shiver than wear what everyone else is wearing.

Upstarts have cropped up for the hipster set looking for a homegrown alternative. More subtle brands like OSC Cross have obviously taken a few pages from the Canada Goose patriotic playbook. OSC has named many of its coats after some of our cities and towns, such as the St. John's coat.

Parkas made at home are now both "cool and practical," says McNeil-Morin. What could be more Canadian than that, eh?

Made for Antarctica

-30C+

Canada Goose's Expedition parka was originally developed for scientists working in research facilities at McMurdo station in Antarctica. It is field tested for the coldest places on Earth, according to its website.

6 other games in town

Johnny Yiu

Johnny Yiu started in 2004. Its parkas are made in Toronto. The women's Adalyn parka is $880 and is filled with goose down. At select retailers and johnnyyiu.com.

OSC Cross

OSC Cross grew out of the Outdoor Survival Canada brand in 2012. Its parkas are made in Toronto. The men's St. John's parka is $670 and contains goose and duck down. At select retailers and osccross.com.

Quartz Nature

Quartz Nature started in 1997. Its parkas are made in Saint-Hyacinthe, Que. The women's Éliane parka is $699 and is filled with Canadian down. Find retailers or buy online at quartznature.com.

Cold Manufactured (CMFR)

CMFR started in 2010. Its parkas are made in Winnipeg. The men's Gormley parka is $795 and filled with white duck. At select Sporting Life stores. Find other retailers at cmfrcanada.com.

The Wild North

The Wild North started in 2014. Its parkas are made in Oakville, Ont. The women's Lila parka is $900 and made mainly of wool and filled with down. At Deluxe Boutique in Toronto and thewildnorthapparel.com.

Moose Knuckles

Moose Knuckles started in 2007. Its parkas are made in Winnipeg. The women's Stirling parka is $795 and contains down insulation. At select Sporting Life stores. Find other retailers at mooseknucklescanada.com.

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Genevieve Gorder hit the real estate jackpot. After a decade in her New York City apartment, the HGTV host, who had outgrown the space, found out the unit next door was on the market. "It's the New York dream," exclaims Gorder, who bought the neighbouring apartment and spent 18 months combining the two spaces to create the perfect home for her and daughter, Bebelle. "The chapters of your life keep evolving and our home so rarely catches up to where we are," explains the interior designer. "It had been almost eight years since I renovated so it was time on many levels. I had had a child since I had renovated, I had a marriage, I had a divorce, I've had different jobs. I just wasn't the same woman that I was from when I first renovated." For those of us that don't have a blank slate, but still want to freshen things up for 2015, Gorder offers these tips

TINA CHADHA
Metro in New York City

Fresh ideas to wake up your decor

Liven up the walls

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes."Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black."

Want to have more fun with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."

DAVID A. LAND/HGTV MAGAZINE

"Black and navy are going to be huge."
Genevieve Gorder, who painted her new living room walls black.

Attack your shelves

DAVID A. LAND/HGTV MAGAZINE

"Bookshelves are one of the most beautiful spaces in our homes." HGTV host Genevieve Gorder

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from your bookshelves to your closet."

Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert.

Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection.

"Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. Use them as surfaces to add objects like a little vase or a picture frame.

"You then create these little waves of pause and crazy within your bookshelf which keeps them interesting and keeps you moving across them," she says.

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder.

"It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well."

But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says.

"Once you invest that initial couple of hours your house starts working for you and that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is really warm when I get home."

MYRNA SUAREZ/SANUS

"You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well." Genevieve Gorder

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Fish and chips has competition

Lunch. This Salt-and-Pepper Squid and Chips recipe is a unique alternative to traditional haddock or cod

Ingredients

- 1 tbsp dried chilli flakes
- 1 tbs whole black peppercorns
- 1 tbs Szechuan peppercorns (available from Asian food shops)
- Seasalt
- 3/4 cup (100 g) rice flour
- 1 kg small squid
- Peanut oil, to deep-fry
- 3 large potatoes (about 800 g), peeled, cut into matchsticks (a mandoline is ideal for this)
- Lime wedges and aioli* (garlic mayonnaise, which is available at selected supermarkets and delis), to serve

This recipe serves four. BRETT STEVENS

1. Preheat the oven to 160 C.

2. Dry-roast the chilli, peppercorns and Szechuan pepper with 2 tablespoons of sea salt in a wok over medium heat for 2-3 minutes until fragrant. Grind to a powder in a spice grinder or mortar and pestle. Place in a bowl with the flour and mix well. Set aside.

3. Cut the tentacles away from the squid tubes, discarding beak. Open out the tubes and clean, then lightly score the insides of the tubes in a criss-cross pattern. Cut into bite-sized pieces.

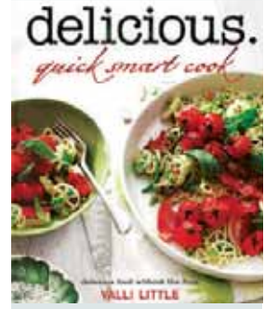
4. Half-fill a wok or deep-fryer with oil and heat to 160 C. Fry the chips in the oil for 2 minutes until almost cooked, then remove and drain on paper towel. Toss the chips in half the flour mixture and set aside.

5. Increase oil to 190 C. Toss the squid tubes and tentacles in remaining flour mixture and shake off excess. Fry, in batches, for 2 minutes until crisp and golden. Drain well and keep warm in the oven while you finish the chips. Return the chips to the oil for a further 1-2 minutes until crisp and golden, then drain well.

6. Serve the salt-and-pepper squid and chips with lime wedges and aioli. RECIPE FROM QUICK SMART COOK BY VALLI LITTLE. PUBLISHED IN CANADA BY HARPERCOLLINS. ALL RIGHTS RESERVED.

Cookbook of the Week

Make it snappy!



While you may not always want to judge a book by its cover, this time go right ahead. True to its cover and title, Quick Smart Cook by Valli Little is packed with ideas when you're short on time and dishes that help to reduce the stress of entertaining. The book features 120 recipes and photography in an easy-to-follow format.

Among the recipes are Panzanella Salad, Thai Lobster Curry, Maple-Glazed Duck, Moroccan Cottage Pie, Carrot Cake and Swedish Apple Cake. METRO

Condo offers N.Y. vintage charm

Brooklyn is in the heart of desirable community

CONTRIBUTED

Not everyone can live in New York but now they can live with the same vintage style that sets it apart with the latest from Trico Communities, destined for South Calgary.

Brooklyn is the newest condo project from Trico Communities that will combine modern condo living with classic urban design in one of the city's most desirable communities, according to Brooklyn sales manager, Anna Crossley.

"Our homeowners will get the best of both worlds — a brand new home in a mature, amenity-rich, inner-city community," she says.

"The location of Brooklyn allows an inner city lifestyle without the hustle and bustle of downtown around the clock. It's a very walkable neighbourhood that's also close to main roads for convenience."

The condos are in the heart of South Calgary located on 28th Avenue and 17th Street SW with neighbourhood shopping, cafés, dog parks, a library, a public pool, and restaurants just a short walking distance away.

Only 21 condos are available in Brooklyn, with one-bedroom suites ranging in size from 715 square foot to 776 square foot and two-bedroom models ranging from 1,036 square foot to just over 1,400 square foot. There are 13 diverse floor plans to choose from with some including a second storey loft with a large private rooftop terrace (up to 582 square foot). Metal and glass-enclosed balconies present modern exterior touches, while rustic brick elements are a nod to the area's past.

"The classic, modern urban residence will maximize living space and provide a comfortable stylish way of living. Thoughtfully detailed interior finishes that offer a beautiful complement to the bright, open concept floor plans," Crossley adds.

With South Calgary undergoing a massive transformation, Crossley says now is the time to get into the already-established community.

"This charming neighbourhood has the convenience of nearby amenities and the appeal of old-school neighbourhood living and it's the perfect time to live there."

PRE-SELLING OPTION

To arrange an appointment for more information, call 587-439-6855 or email brooklyn@tricohomes.com. The project is located at 1710 - 28 Avenue SW. Trico Communities is now pre-selling by appointment only. Homes range from the $350,000s to the $600,000s with construction expected to be completed by the end of 2015.

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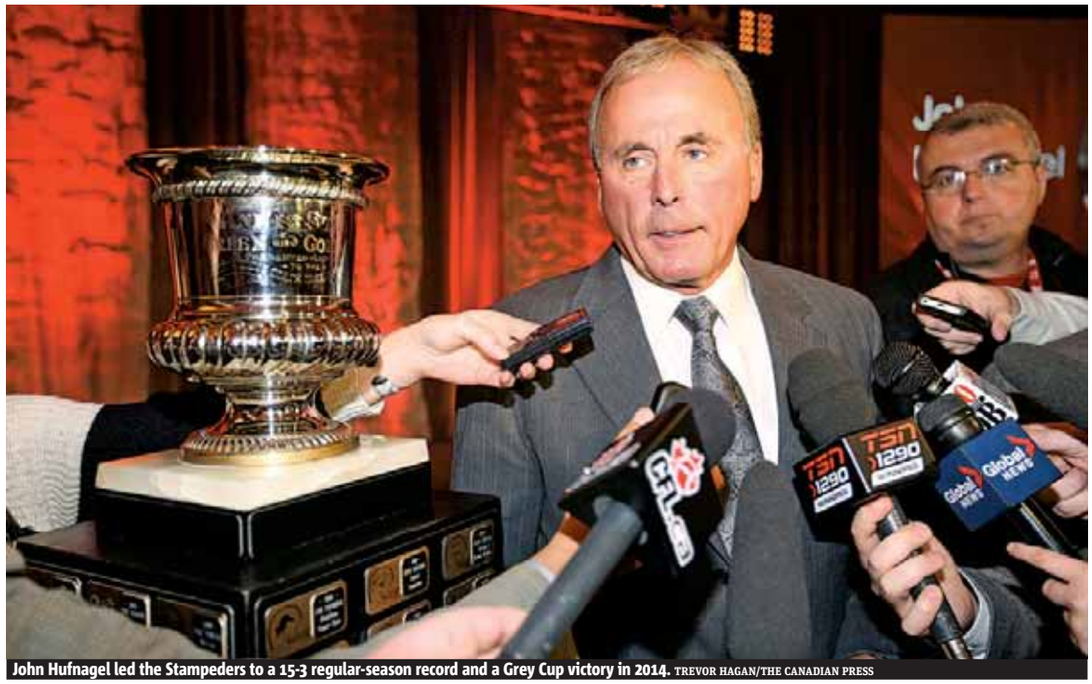
Hufnagel wins second Annis Stukus Trophy

CFL. Sixty-three-year-old named coach of the year in his second-last season before handing reins over to protege


John Hufnagel led the Stampeders to a 15-3 regular-season record and a Grey Cup victory in 2014. TREVOR HAGAN/THE CANADIAN PRESS

John Hufnagel is about to take a well-deserved vacation.

The Calgary Stampeders head coach/GM followed up his team's 2014 Grey Cup championship by being named the CFL's coach of the year on Wednesday.

"I have to go to work (Thursday) but the day after I'm heading on a plane to go across the ocean for a week. So I'll be sipping a mai tai," he said of his Hawaiian holiday.

Hufnagel, 63, earned his second Annis Stukus Trophy after leading Calgary to a CFL-best 15-3 regular-season record. The franchise then claimed its seventh championship with a 20-16 Grey Cup victory over the Hamilton Tiger-Cats at BC Place Stadium.

Tom Higgins of the Montreal Alouettes and Chris Jones of the Edmonton Eskimos were the finalists. Hufnagel received 43 first-place votes on the 65 ballots cast by members of the Football Reporters of Canada.

Hufnagel's first coach-of-the-year award came in 2008 when he led Calgary to a Grey Cup title in his first season back with the club. The Stampeders lost the 100th Grey Cup game to the Toronto Argonauts in 2012.

Hufnagel has one more season to try to claim a third Annis Stukus Trophy. He'll return to the sidelines in 2015, then hand the coaching reins over to offensive co-ordinator Dave Dickenson and focus on his GM duties. On Wednesday, Hufnagel said there was no temptation for him to go out on top after winning the championship.

"This whole thing was an agreement put in place last year to keep Dave in the building," Hufnagel said. "In fact, Dave told me right after the Grey Cup game, he said, 'Now don't do anything stupid.'

Quoted

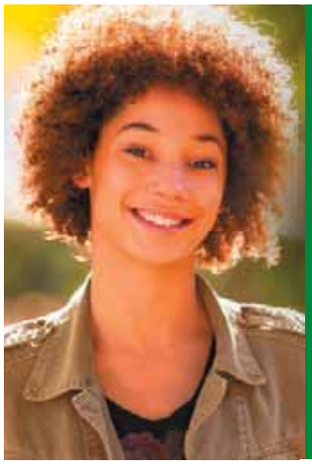
"He sees you as a human first, then a player. He understands the man, then the player. So when you can get a coach who understands the aspects of what you bring to the table and who you are, you want to lay it out on the line for him."

Calgary defensive back/linebacker Keon Raymond on coach John Hufnagel

"We have a plan and we will follow through with that plan. I enjoy coaching and so I have one more year to enjoy it."

Hufnagel joins Wally Buono (1992-93) as the only Calgary coaches to receive the award on multiple occasions. Besides Buono and Hufnagel, the other Stampeders coaches to capture the honour include Jerry Williams (1967), Jack Gotta (1978) and Higgins (2005). THE CANADIAN PRESS

4 SPORTS



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metro

CSI of PSI: Patriots under investigation

NFL playoffs. Belichick has been known for reinterpreting rules throughout his career

Add underinflated footballs to the list of incidents giving Bill Belichick a reputation for guile and playing above the rules.

Softer footballs wouldn't explain all of a rout that earned the New England Patriots a spot in the Super Bowl. But it's another example of Belichick's reputation for searching for edges and bending the rules.

Vague injury reports. Spygate. Signing players with intel on opponents. And now, an open NFL investigation into the team's AFC championship.

"Because it's the Patriots and they have a history, that brings in a different issue," former All-Pro Jerome Bettis said on ESPN. "There's some type of culture there that's conducive to cheating and that's a problem."

Belichick no longer gets the benefit of the doubt, even among those who think he's the best coach in the NFL. Earlier in January, Hall-of-Famer Don Shula called him "Belicheat."

It all traces back to a reputation for gamesmanship that blossomed after the three-time Super Bowl winner's 2004 title.

In 2007, Belichick was fined $500,000, the team was fined $250,000 and stripped of its 2008 first-round draft choice by the NFL for videotaping New York Jets signals during a 2007 game. Opponents wondered whether he taped practices, too.

Last year, Cleveland Browns coach Mike Pettine suggested Belichick might have gotten a copy of the Jets playbook through Alabama coach Nick Saban, which Saban and then-Jets coach Rex Ryan denied.

Belichick has signed players days before the Patriots faced their former team, opening up new avenues of intel. Six days before the opener against Miami this season, the Patriots signed safety Don Jones a day after he was cut by the Dolphins. He played nine games for New England before being cut and re-signing with Miami.

The NFL continued its investigation Wednesday into whether the Patriots snuck underinflated footballs into their 45-7 win against the Colts.

ESPN reported Tuesday night, citing anonymous sources, that the NFL found 11 of 12 footballs provided by the Patriots were not properly inflated, while balls used by the Colts on offence met league standards. THE ASSOCIATED PRESS

Tweeted

"They could have played with soap for balls and beat us. Simply the better team."

Indianapolis Colts tight end Dwayne Allen

Head coach Bill Belichick and his New England Patriots are under investigation for tampering with the footballs before Sunday's AFC championship game in Foxborough, Mass. Indianapolis Colts QB Andrew Luck (hugged by Belichick) had his worst game as a pro, completing only 12 of 33 passes for 126 yards, no touchdowns and two interceptions.

MATT SLOCUM/THE ASSOCIATED PRESS

Ball protocol

- **Chain of custody.** Footballs are delivered to the officials' dressing room two hours and 15 minutes before kickoff. The ref inspects each one with a pump provided by the home team. Balls must have at least 12.5 PSI and no more than 13.5 PSI.
- **The ref rules.** The ref is the judge of whether a ball is fit for play. The rule says the footballs "shall remain under the supervision of the referee until they are delivered to the ball attendant just prior to the start of the game." A key question is whether the balls improperly passed inspection or were switched or tampered with after inspection.
- **Potential punishment.** This offence includes a fine as low as $25,000 US for anyone deemed responsible for tampering, even if it's the head coach. Goodell could also strip the team of draft picks, suspend people for "unfair acts," and reverse a game's result or reschedule it.

HOME IMPROVEMENT, NEW FURNITURE, ELECTRONICS, HOUSEHOLD GOODS & VEHICLE AUCTION: SAT, JAN 24, 2015 9AM

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FABRIC SOFA SECTIONAL, LEATHER GLIDER CONSOLE LOVESEAT, LEATHER SWIVEL RECLINING CHAIR, FABRIC CONTEMPORARY SOFA, (2) FABRIC ARMCHAIRS, (2) DARK WOOD DINING TABLES & 6 CHAIRS, DINING TABLE & 4 CHAIRS, BONDED LEATHER ARMCHAIRS, UPHOLSTERED BENCH, SAMSUNG VRT FRONT LOAD WASHER, SAMSUNG STEAM FRONT LOAD DRYER, FRIGIDAIRE GALLERY DISHWASHER, GLIDER ROCKER & OTTOMAN, (2) DARK WOOD/GLASS CURIO CABINETS, ELECTRIC FIREPLACE TV CABINET, WOODEN CABINET W/GLASS DOORS, BAR STOOLS, FLAT SCREEN TV CABINETS, LEATHER ROCKER RECLINER, ELECTRIC FIREPLACES, PILLOWTOP MATTRESSES & BOX SPRING SETS, QUEEN BED W/STORAGE DRAWERS, LEATHER OFFICE CHAIRS, ASSORTED CABINETS, SNAP ON STOOL, WICKER ROCKING CHAIR, COAT RACK, BIN ORGANIZER SHELF, JEWELLERY ARMOIRES, STORAGE OTTOMANS, HEALTHRIDER EXERCISE BIKE, KETTLER ELLIPTICAL CYCLE, KETTLER GIRO EXERCISE BIKE & MORE...

HOME IMPROVEMENT:

LAMINATE FLOORING, TILE FLOORING, GLASS & MOSAIC WALL TILES, SLATE STONE TILE, CLICK VINYL TILE, WINDOWS, LARGE SELECTION OF PLUMBING & BATHROOM SUPPLIES: TUBS, SINKS, TOILETS, FAUCETS, PARTS, SHINGLES, ROOF CAPS & VENTS, ROLLS OF TARPAPER, DRYWALL, STORE SHELVING, UTILITY SINK, CHAMPAGNE GLOW LIGHTING, MOONRAKER LED CEILING LIGHTS, CARPET ROLLS, OAK KITCHEN CABINET SET & MORE

HOUSEHOLD GOODS & SHOP EQUIPMENT:

SNAP ON ELECTRIC PRESSURE WASHER, CHAMPION 2000W INTERTER GENERATOR, CHAMPION GENERATORS, STORAGE POD, COIN OP CANDY MACHINES, OUTDOOR ARCTIC ICE RINK, NAUTILUS CLICK WEIGHT SET, GENERATORS, KIDDE CO2 DETECTOR, SHAG AREA RUGS, SAFE TO GO AUTO EMERGENCY KIT, AEROBED, 120V AIR COMPRESSOR, HAAN FLOOR STEAM CLEANER, TOWELS, UNDER THE SEAT TRAVEL BAGS, ULTRA THIN FULL MOTION FLAT PANEL TV MOUNT, LCD TV WALL MOUNT, KEURIG 2.0 BREWER & CARAFE, CUISINART 3 IN 1 MULTI COOKER, CROCK POT HOOK UPS, DURAFLAME ELECTRAHEAT, SELF CLEAN WATER MACHINE, DINNERWARE, FLANNEL, FLEECE & MICROFIBRE SHEET SETS, 6 PCE BED ENSEMBLES, BATTERY OPERATED LAMBORGHINI, RC JEEP INTIMIDATOR, SHAG AREA RUGS, PERSONAL CARE TOILETRIES, KITCHEN & LAUNDRY SUPPLIES, NEW BOOKS, NEW CLOTHING, FOOTWEAR, TABLE LAMPS, LUXURY BLANKETS, ECLIPSE CURTAINS, GROCERIES, SERVING SETS, ACOUSTIC GUITAR, TOYS, LUGGAGE & MORE

ELECTRONICS & MORE:

PLASMA & LCD TELEVISIONS, APPLE TV, LG BLURAY DVD HOME THEATRE SYSTEM, ROLKOLSEN HOME THEATRE SYSTEM, BELL HD PVR, SONY PS3 SYSTEM,BOSE HOME THEATRE SOUND SYSTEM W,YAMAHA RECEIVER, BEM WIRELESS BOOMBOX, CAMERAS: NIKON P530 DIGITAL CAMERA, NIKON D3200 18-55 VRII KIT, NIKON COOLPIX AW120 DIGITAL CAMERA, GARMIN NUVI 3580 LM GPS, DESIGNER FRAGRANCES, BEM WIRELESS BLUETOOTH SPEAKERS, UNIVOX ELECTRONIC DRUM KIT, IROBOT ROOMBA, JVC HD CAMCORDER, GARMIN EDGE 800 BIKE COMPUTER, GARMIN VIVO FIT, BOSE SOUND LINK, WATCHES: BAUME & MERCIER, GUCCI, SEIKO, LACOSTE, CITIZEN ECO DRIVE, INVICTA & MORE, QUANTITY OF VIDEO GAMES, RAYBAN & NIKE SUNGLASSES, ASSORTED MOVIES & COLLECTOR SETS, SWAROVSKI FIGURINES & JEWELLERY, ION BLUETOOTH BLOCK ROCKER & MORE....

CIVIL ENFORCEMENT SEIZURES:

*SELLING ON BEHALF OF CONSOLIDATED CIVIL ENFORCEMENT: LG 42 INCH PLASMA TELEVISION, (3) TOSHIBA 42 INCH LCD TELEVISIONS

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Williamses march on

Tennis. Serena and Venus into third round at Australian Open

Sisters Serena, top, and Venus Williams got wins in Melbourne early Thursday. GETTY IMAGES

The Williams sisters have advanced to the third round at the Australian Open, with top-ranked Serena fending off set points before going on a 10-game roll to beat Vera Zvonareva 7-5, 6-0 and Venus beating fellow American Lauren Davis in straight sets.

Serena Williams, seeking a sixth Australian and 19th Grand Slam title, saved three set points in the ninth game before holding to swing the momentum of the match.

She said Zvonareva, a two-time Grand Slam finalist who played only five tournaments in 2014, started out aggressive "and I was a little too passive."

So she told herself: "'You know Serena, you've done so well here, you have nothing to lose.'"

Zvonareva only won eight points in the second set.

THE ASSOCIATED PRESS

Raps fizzle out vs. Grizzlies

Toronto Raptors guard DeMar DeRozan shoots past Grizzlies guard Nick Calathes on Wednesday night in Memphis. Marc Gasol scored 26 points, Zach Randolph had 19 points and 13 rebounds, and the Grizzlies beat the Raptors 92-86. BRANDON DILL/THE ASSOCIATED PRESS

NHL

Blackhawks get rare win in Pitt

Jonathan Toews and Patrick Kane beat Marc-Andre Fleury in a shootout to lift the Chicago Blackhawks over the Pittsburgh Penguins 3-2 on Wednesday.

The Blackhawks' won in Pittsburgh for just the second time in 17 years.

THE ASSOCIATED PRESS

NHL

Whitney retires after 22 seasons

Former NHL all-star Ray Whitney has announced his retirement after 22 seasons in the league. The two-time NHL all-star helped Carolina win the Stanley Cup in 2006

The 42-year-old was taken 23rd overall by the San Jose Sharks in 1991.

THE CANADIAN PRESS

NBA

Rejuvenated James leads Cavs past Jazz

LeBron James scored 26 points, Kevin Love added 19 and the rejuvenated Cleveland Cavaliers won their fourth straight, 106-92 over the Utah Jazz on Wednesday night.

Shaking off a flu bug, James added nine assists and seven rebounds.

THE ASSOCIATED PRESS

MLB

"I don't play this game for money, but yet at the same time, when you have an offer like that, it just makes you go, 'Wow.'"

Pitcher Max Scherzer, who was introduced in Washington on Wednesday after signing a $210-million, seven-year contract with the Nationals.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Do not get emotional about money. Yes, of course, it's nice to have enough of the stuff not to have to worry about paying the bills but at the end of the day it's still just coloured paper.

♉ Taurus
April 21 - May 21
A friend may be holding out on you in some way, but is it important? Pretend not to notice. If a small victory makes them happy, let them have it.

♊ Gemini
May 22 - June 21
Someone more experienced than you will take you under their wing and teach you a number of things worth knowing. Amazingly they won't ask for a favour in return.

♋ Cancer
June 22 - July 23
Don't worry if you fall behind in your schedule because you will catch up with ease tomorrow when Saturn compels you to act. It's nice to be on top of your work but it's no big deal if you waste time occasionally.

♌ Leo
July 24 - Aug. 23
Where money matters are concerned push personal feelings to one side and do what's best for your long-term interests.

♍ Virgo
Aug. 24 - Sept. 23
Don't make any hard plans for the next 24 hours because they will change. If a partner insists that you change direction, agree with them. Be flexible.

♎ Libra
Sept. 24 - Oct. 23
If you restrict yourself to one way of completing a task you will get bored and either do a poor job or give up on it. Keep yourself interested by varying your routine.

♏ Scorpio
Oct. 24 - Nov. 22
You won't find it hard to get things done today but try to remember that not everyone is as motivated as you. It gives you an excuse to work on your own, which you prefer.

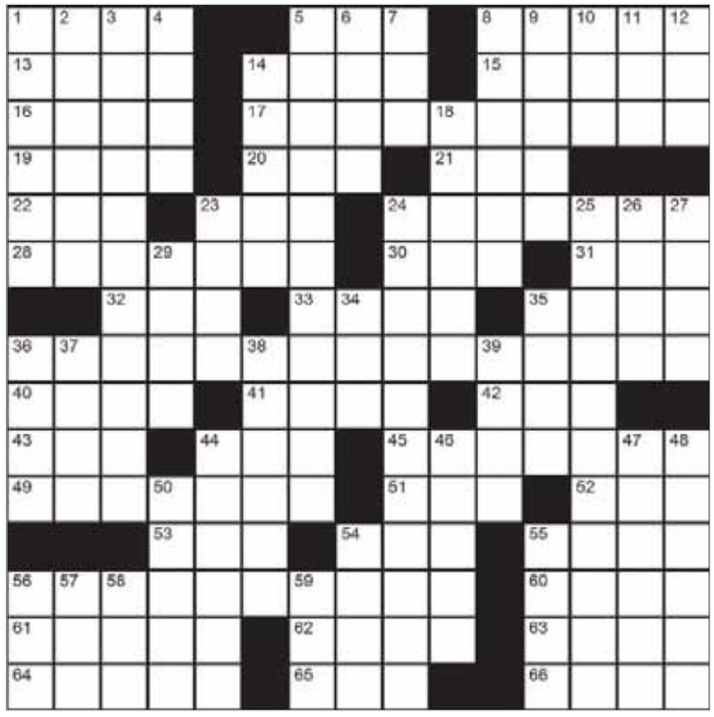
♐ Sagittarius
Nov. 23 - Dec. 21
You may have a thousand and one issues to deal with but you must still find time to let loved ones know they mean the world to you. Remember, it's not about "me" it's about "us".

♑ Capricorn
Dec. 22 - Jan. 20
No one expects you to be perfect, so why do you expect it of yourself? If you have made some kind of mistake then hold your hand up and admit it.

♒ Aquarius
Jan. 21 - Feb. 19
If you want someone to do you a favour you are going to have to flatter them, even though they don't deserve it. Keep your real thoughts to yourself.

♓ Pisces
Feb. 20 - March 20
Make it your aim over the next few days to finish something you started a long time ago. You may have to shut yourself away but focus and get it done.

Crossword: Canada Across and Down by Kelly Ann Buchanan



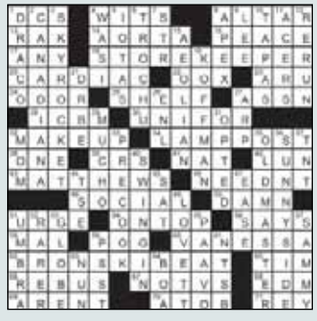
Across

1. Somewhat, musically
5. Puget, e.g.
8. Rapper whose 2007 album 'Epiphany' reached number one
13. German industrial region
14. Hoover Dam lake
15. Convey
16. 'Hypn' suffix
17. Grooming for guys
19. The Who's "__ O'Riley"
20. Wine classification, with Grand
21. '_' __ for Richelieu
22. Certain consciousness
23. T.O. Raptors home
24. Mount of the Muses
28. German: German
30. 'Fact' finisher
31. Canadian broadcaster Mr. Lewis
32. Angelina Jolie flick
33. Yore
35. The __ (Hamilton's daily newspaper, commonly)
36. Drama series starring Steve Buscemi set during Prohibition-era Atlantic City: 2 wds.
40. "You Can Count __ __" (2000)
41. Actor, Michael __
42. Asleep
43. Adriatic __
44. Chg. card percentage
45. Catch
49. Michael __ (Newfoundland author of current novel Sweetland)
51. Li'l digits
52. Captain's record
53. Mo. after March
54. Ms. Messing, briefly
55. Wound's remnant
56. 1982: Top 40 song for Frank Zappa and his daughter Moon Unit: 2 wds.
60. Obscure
61. The Miracles' "You Really Got _ __ on Me"
62. Advantage
63. Mr. Redding
64. Expire
65. Mattel product
66. Views

Down

1. Examined
2. Electricity problem
3. City in the Nord-du-Quebec region of La Belle Province
4. Sea wolf
5. Type of rescue operation: 2 wds.
6. Mork's greeting, when doubled
7. Initials-sharers of Rhea Perlman's hubby
8. 1836: The Backwoods of Canada
author, Catharine Parr __ (b.1802 - d.1899)
9. Particular pop
10. Ms. MacGraw
11. Sir McKellen
12. NFL team on the East Coast [acronym]
14. Old Rome's 2300
18. Make
23. "Take _ __ song..." - The Beatles, "Hey Jude"
24. Canadian petroleum company (with a dog logo) headquartered in Calgary: 2 wds.
25. Ottawa: 2 wds.
26. Finished
27. Kind
29. Lose steam
34. Calgary, __.
35. Made the wool
36. Pear variety
37. Niner - Eighter = Er, what?
38. Ontario: Niagara-on-the-Lake establishment
39. Toronto neighbourhood, __ Park
44. Hold back
46. Stately
47. Rock tour profession
48. Go forth
50. Retail complexes
54. "White Flag" songstress
55. Sandal, for one
56. __-d'Or, QC
57. '80s group
58. Crop
59. Acquire

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	9	2	5	1	7	6	8
1	8	7	3	9	6	5	2	4
5	2	6	7	8	4	3	1	9
6	9	2	1	4	5	8	3	7
3	4	1	8	7	2	6	9	5
8	7	5	9	6	3	1	4	2
2	1	8	5	3	9	4	7	6
7	6	3	4	2	8	9	5	1
9	5	4	6	1	7	2	8	3

Today's Sudoku

	5	3				7	9	
			7	4	6			
		7				1		
9	1		3		5		2	7
6								3
3	7		6		9		1	4
		8				5		
			8	5	2			
	4	9				3	8	

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- 135 POINT VEHICLE INSPECTION
- BALANCE OF KIA WARRANTY UP TO 100,000 KM

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